

# NUTRITION SERVICES DIVISION MANAGEMENT BULLETIN

No.: 99-809

TO:	Sponsors of the National School Lunch and School Breakfast Programs County Superintendents of Schools Diocesan Superintendents of Schools	ISSUE DATE: October 1999
FROM:	Nutrition Standards Unit	
ATTENTION:	Food Service Directors	
SUBJECT:	Target Nutrients Under the School Meals Initiative	

This management bulletin provides information on the target nutrients established with the implementation of the School Meals Initiative (SMI) for Healthy Children in the 1996/97 school year. Meals served in the National School Lunch and School Breakfast Programs are required to meet the established nutrition standards and the Dietary Guidelines for Americans. The key nutrients that must be met are protein, calcium, iron, vitamin A, vitamin C, and calories. Levels of fat are not to exceed 30 percent of total calories, and no more than 10 percent of the calories are to be from saturated fat.

The Dietary Guidelines for Americans recommend a decrease in sodium and cholesterol intake and an increase in the amount of dietary fiber in meals. However, levels have not previously been specified. Shaping Health as Partners in Education (SHAPE) California has adopted nutrient targets based on the California Daily Food Guide and American Academy of Pediatrics' recommendations.

**The SHAPE nutrient targets are listed below to provide sponsors of the National School Lunch and School Breakfast Programs with recommended (not required) guidelines.** The target levels for cholesterol and sodium are considered maximum levels. They are provided to assist with menu planning and evaluation. No targets are set for sodium or fiber for children ages one to six years. In addition, the target for cholesterol applies only for children over the age of two years.

Key Nutrients	Age/Grade		
	Preschool	K – 6	7 - 12
Cholesterol (milligrams)	100	75	75
Sodium (milligrams)	No Target	<825	<825
Fiber (grams)	No Target	4	4

If you have any questions regarding this management bulletin, you may contact Cindy Schneider, Child Nutrition Consultant, Nutrition Standards Unit, at (916) 322-1566, [cschneid@cde.ca.gov](mailto:cschneid@cde.ca.gov), or (800) 952-5609.

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